



ONE DRINK TOO MANY

*About three in every 10 Americans
will be involved in an alcohol-related
crash at some time in their lives.*





Law of the Land

.08

Why .08 BAC?

In single vehicle crashes, the relative fatality risk for drivers with blood alcohol content between .05 and .10 is over 11 times greater than for drivers with a BAC of zero.

BAC limit saves lives

As your blood alcohol content level rises, so does your risk of being involved in a fatal crash. Make the right choice.





How Your Body Reacts to Alcohol

BRAIN. Impaired function and judgment ability.

LUNGS. Infection; breathing can stop.

HEART. Irregular heartbeat.

LIVER. Alcoholic hepatitis and cirrhosis.

STOMACH. Irritation, peptic ulcers, bleeding lesions, cancer.

INTESTINES & PANCREAS. Intestinal tract and colon damage, inflammation, ulcers, and cancer.

BONES & MUSCLES. Weaker and thinner bones (osteoporosis); weaker and uncoordinated muscles.



Alcohol Effects & You

Find out what alcohol
can do to the body



Source: VA ABC Department

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Myths & Facts About Alcohol

Myth: “I only had one drink.”

Fact: One drink can be one too many, since alcohol absorption starts immediately. Several factors such as strength of drink, rate of consumption, body size/weight, food, gender, and drug use can affect the outcome of even one drink.

Myth: “I know when I’m too drunk to drive.”

Fact: Your driving skills can be seriously compromised even when your behavior is not observably “drunk.”

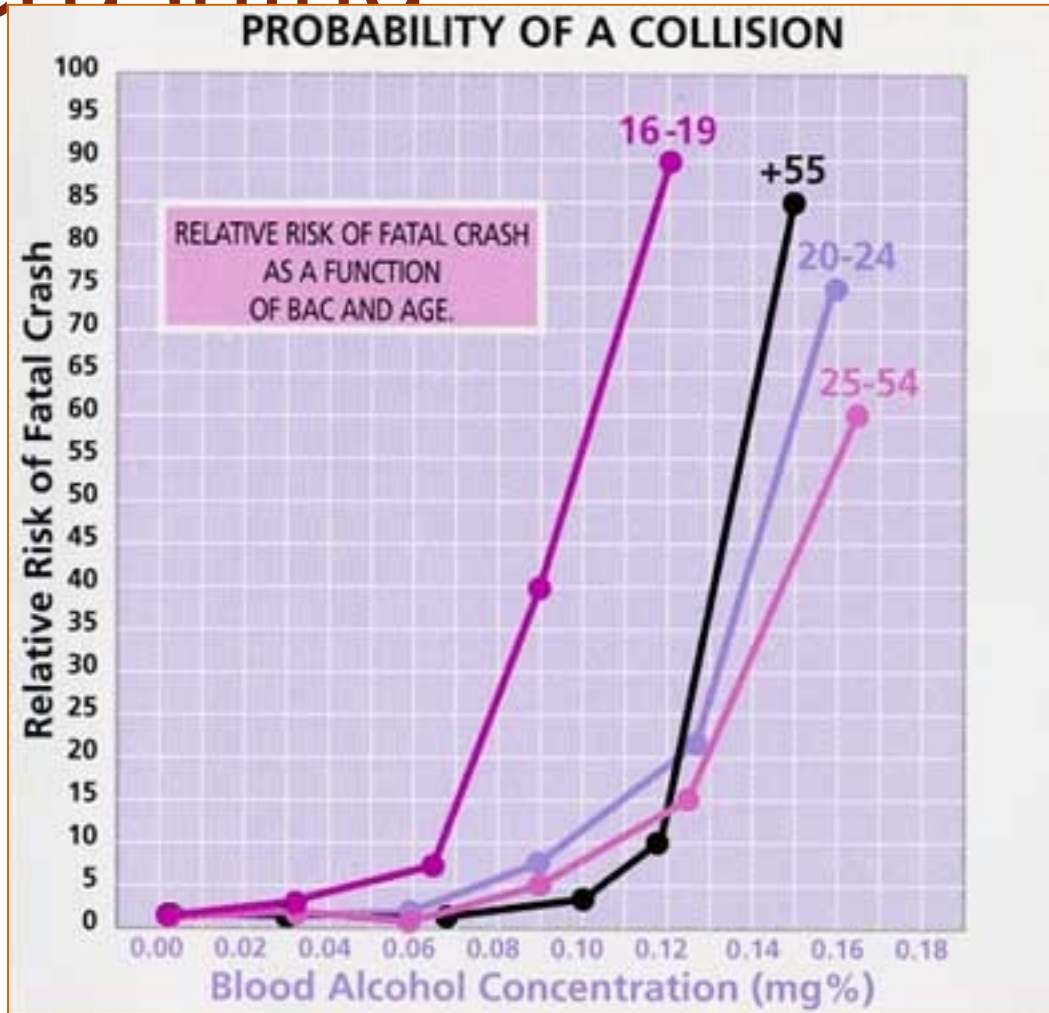
Myth: “Black coffee and fresh air will sober me up.”

Fact: All the age-old remedies—black coffee, cold showers, fresh air, and exercise—are useless. Only time will sober you up.





What's Your Probability of Crashing?



Source: AAA Traffic Safety Department

The greater the blood alcohol concentration, the greater the risk of being involved in a





Do You Know How Much You Are Drinking?

One ounce of distilled spirits, one 4 oz. glass of wine, one 12 oz. beer contain the **SAME** amount of alcohol.

A drink with 80-proof liquor would contain 40% **PURE** alcohol.



1 oz.
distilled
spirits
at 100
proof

4 oz.
wine
at 12%
alcohol

12 oz.
beer
at 4%
alcohol



A woman who

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consumes 2 oz. of

Sources: AAA Traffic Safety Department and VA ABC Department



Thinking About Drinking and Driving?

A draft beer could cost you more than \$3.50 if you don't give your keys to someone else. Here's a breakdown of how you'd spend most of your paycheck if you get charged with DUI.

IMMEDIATE COST:

Towing	\$100
Lawyer	3,500
Fine	400
Alcohol Education Course	100
Court Fees	400

LONG-TERM COST:

Insurance Surcharge	1,500
License Reinstatement	1,000

TOTAL MONETARY COST: \$7,000

INDIRECT COST:

Impact on career and personal life

Embarrassment to family and friends

The \$7,000 Drink!





Driving Under the Influence

THE LAW

Legal drinking age: **21**

Level of blood alcohol content for DUI: **.08**

DUI conviction of military personnel: **If charged at a court**

martial, the penalties could result in a dishonorable discharge, forfeiture of all pay and allowances, and confinement in the brig or 18 months.

INEXPENSIVE ALTERNATIVES

Call a taxi cab: **\$30-\$50**

Get a hotel room: **\$50-\$100**

Call a friend/co-worker/boss: **FREE**

Use command's cab ride program: **FREE** *(Cab ride policy varies by command)*



MAKING THE SMART CHOICE

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Knowing you did not risk your life or the life of



The Ravages of Car Crash Injuries

If you survive a crash and live long enough to talk about it, this is what you'd have to live with.



During a crash, your chances of survival are reduced by slow reaction times, impaired judgment, and poor motor skills.

If you survive a crash and live, depending on the extent of injuries, you will most likely be subjected to extensive and painful medical treatments.

The monetary cost of your hospitalization and rehabilitation will have a high price tag. But the highest price you pay would be if you killed someone as a result of drinking and driving.





Holidays + Impaired Driving:

Deadly Choice

The holiday season is a good time for celebrating and traveling with family and friends. Make the decision not to drive when you've had too much to drink. Not only will you be a safer driver but you will be in a much



Thinking about drinking? Be smart and designate.

from the driver who doesn't make that choice



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How To Spot A Drunk Driver

When a drunk driver is on the road, we are all at risk.

Warning signs to look for while you are driving:

- ☐ Drifting, weaving, or hitting curbs
- ☐ Speeding or driving too slowly
- ☐ Giving inconsistent signals
- ☐ Braking erratically
- ☐ Stopping for no apparent cause
- ☐ Driving with the window rolled down in cold weather
- ☐ Tailgating and passing dangerously close to other cars
- ☐ Making wide turns and hitting objects near the road





What You Can Do...

Safe driving requires more than just learning the necessary skills. Young adults need to adopt - and leaders need to encourage - safe attitudes and responsible behaviors.

- Start an anti-drunk driving campaign at your command.**
- Designate a “duty” driver when going out with friends.**
- Ask to spend the night if at a home party.**
- Do not give in to peer pressure. Use best judgment.**
- Call for a ride or set a taxi ride program.**
- Be a responsible host. Serve non-alcoholic drinks**





Make It A Great Party!

A Host's Guide to Good Times with Good Friends

1



When serving alcoholic beverages, serve food as well.

2



Serve "measured" drinks.

3



Offer non-alcoholic beverages.

4



Serve each guest one drink at a time.

5



Stop serving alcohol at least one hour before the party ends.

6



Help your guests get home safely.

